



ASPARAGUS POKE BOWL

with Edamame Beans and Creamy Sesame Dressing

VEGGIE



HELLO POKE BOWL

This vegetarian poke bowl is inspired by a traditional Hawaiian fish dish

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 818



Edamame



Jasmine Rice



Snow Pea Shoots



Avocado



Mini Cucumber



Asparagus



Radish, sliced



Black Sesame
Seeds



Rice Vinegar



Mayonnaise



Sesame Oil

BUST OUT

- Baking Sheet
- Measuring Cups
- Measuring Spoons
- Medium Pot
- 3 Small Bowls
- Small Pot
- Sugar ($\frac{3}{4}$ tsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Edamame 4 85 g
- Jasmine Rice $\frac{3}{4}$ cup
- Snow Pea Shoots 28 g
- Avocado 1
- Mini Cucumber 66 g
- Asparagus 340 g
- Radish, sliced 56 g
- Black Sesame Seeds 8 1 tbsp
- Rice Vinegar 2 tbsp
- Mayonnaise 3,4 3 tbsp
- Sesame Oil 8 2 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your **broiler** to high (to broil the asparagus).



1 PREP Wash and dry all produce.* In a medium pot, bring **1 $\frac{1}{2}$ cups water** to a boil. Thinly slice the **cucumber** into $\frac{1}{8}$ -inch rounds. Trim and discard the bottom 1-inch from the **asparagus**.



4 BROIL ASPARAGUS On a baking sheet, toss **asparagus** with the **remaining sesame oil**. Season with **salt** and **pepper**. Broil in the centre of the oven until the asparagus is tender, 5-6 min.



2 COOK RICE Add the **rice** to the pot with the **boiling water** and reduce the heat to low. Cover and cook until the rice is tender and the water has been absorbed, 12-14 min. Meanwhile, in a small bowl, stir together the **mayo**, **1 tbsp rice vinegar**, **$\frac{1}{2}$ tsp sesame oil**, **$\frac{1}{2}$ tsp sesame seeds** and **$\frac{1}{4}$ tsp sugar**. Set aside.



5 FINISH When the **rice** is finished cooking, stir in the **edamame** and season with **salt**. Cover and set aside, until the edamame are warmed through and slightly tender, 2-3 min. In another small bowl, toss the **cucumbers** with **$\frac{1}{4}$ tsp salt**. Peel, pit and cut the **avocado** into $\frac{1}{2}$ -inch cubes.



3 PICKLE RADISHES Heat a small pot over medium-low heat. Add the **radishes**, **1 tbsp water**, **$\frac{1}{2}$ tsp sugar**, **$\frac{1}{4}$ tsp salt** and **remaining rice vinegar**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Remove the pot from the heat and transfer the **pickled radishes**, along with the **liquid**, to another small bowl and set aside.



6 FINISH AND SERVE Stir the **remaining sesame seeds** into the **rice**, then divide between bowls. Top with the **radishes**, **cucumbers**, **avocado**, **asparagus** and **pea shoots**. Drizzle over as much **dressing** as you like.

HEALTHY!

The pickled radish adds a pop of colour (and zippy flavour) in a sea of green!